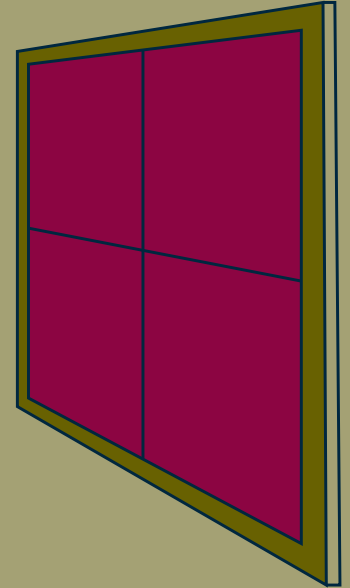
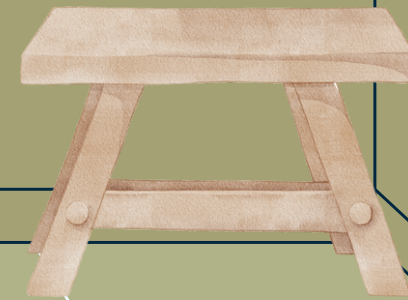


SLEEP LIKE PROPHET ﷺ

SUNNAH SERIES



RIGHTEOUS
SEEDS

UMMU MARIAM MINHA WA UMMU SALIH

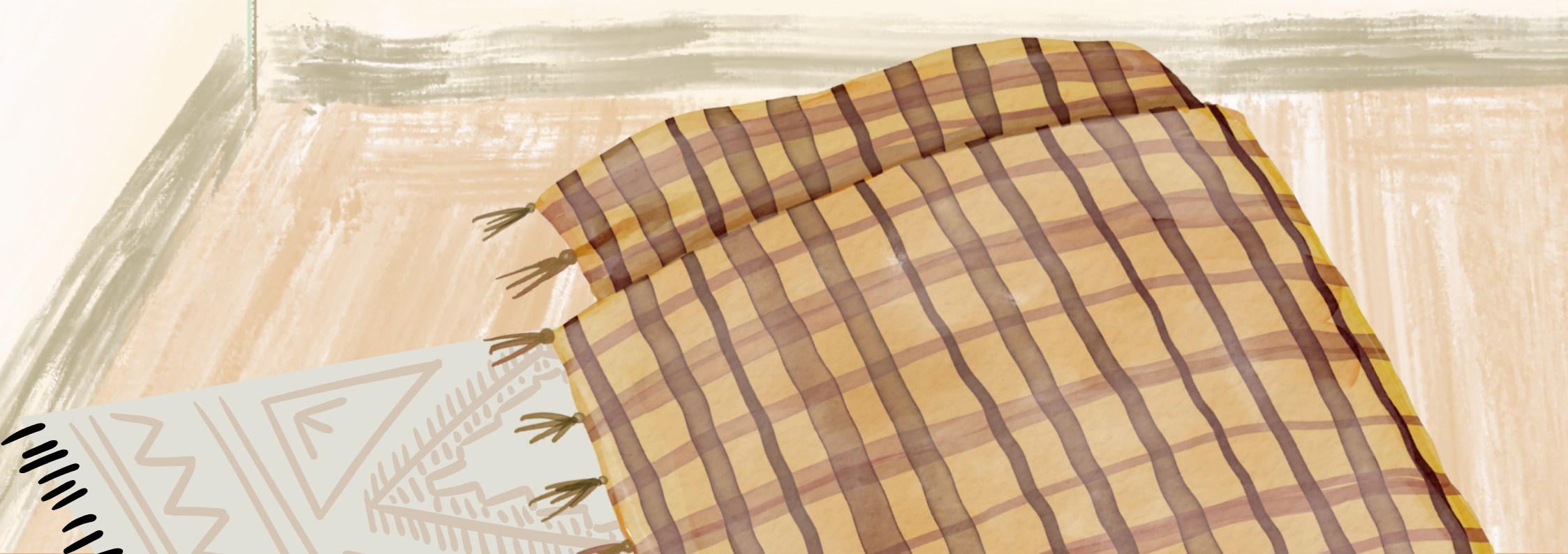
HOW DID PROPHET SLEEP?

**ABBAD IBN TAMIM (MAY ALLAH HAVE MERCY ON HIM) SAID,
NARRATING FROM HIS PATERNAL UNCLES: I SAW THE MESSENGER
OF ALLAH (ﷺ) LYING ON HIS BACK IN THE MOSQUE, PUTTING ONE
LEG ON TOP OF THE OTHER. (NARRATED BY AL-BUKHARI, 475;
MUSLIM, 2100)**



HE SLEPT ON A MATTRESS AND COVERED HIMSELF WITH A BLANKET.

HE (ﷺ) SAID TO HIS WIVES: “JIBRIL NEVER CAME TO ME WHILST I WAS UNDER THE BLANKET OF ANY ONE OF YOU APART FROM `AISHAH.” (NARRATED BY AL-BUKHARI, 3775)



HE MAKES DUA BEFORE HIS SLEEP

WHEN HE WENT TO BED TO SLEEP, HE (ﷺ) WOULD
SAY : “ALLAHUMMA BISMIKA AHYA WA AMUT (O
ALLAH, IN YOUR NAME I LIVE AND DIE).” (NARRATED
BY AL-BUKHARI, 7394)



PROTECTION



NARRATED 'AISHA: WHENEVER WENT TO BED (ﷺ) THE PROPHET EVERY NIGHT, HE USED TO CUP HIS HANDS TOGETHER AND BLOW OVER IT AFTER RECITING SURAT AL-IKHLAS, SURAT AL-FALAQ AND SURAT AN-NAS, AND THEN RUB HIS HANDS OVER WHATEVER PARTS OF HIS BODY HE WAS ABLE TO RUB, STARTING WITH HIS HEAD, FACE AND FRONT OF HIS BODY. HE USED TO DO THAT THREE .TIMES

SAHIH AL-BUKHARI 5017



DON'T SLEEP ON YOUR STOMACH

**IT WAS NARRATED THAT ABU DHARR SAID: “THE
PASSED BY ME AND I WAS LYING (ﷺ) PROPHET
ON MY STOMACH. HE NUDGED ME WITH HIS FOOT
AND SAID: ‘O JUNAIDIB! THIS IS HOW THE PEOPLE
”’.OF HELL LIE**

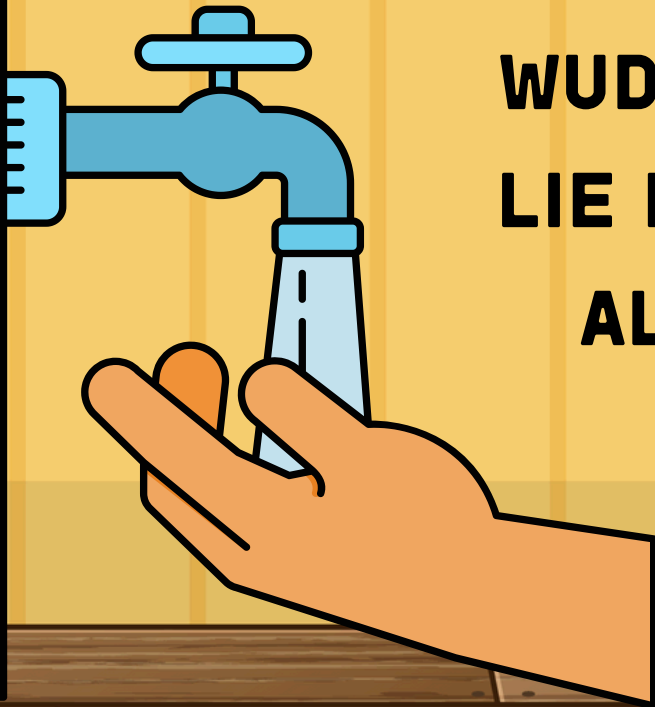
SAHIH (DARUSSALAM) SUNAN IBN MAJAH 3724

GUARD FROM ALLAH

**“WHEN YOU GO TO YOUR BED, RECITE
AYAT-AL-KURSI (AL-BAQARAH 255), FOR
THEN THERE WILL BE A GUARD FROM
ALLAH WHO WILL PROTECT YOU ALL NIGHT
LONG, AND SATAN WILL NOT BE ABLE TO
COME NEAR YOU TILL DAWN.” (SAHIH AL-
BUKHARI).**

WUDHU BEFORE SLEEP

WHENEVER YOU GO TO BED, PERFORM WUDU AS YOU DO FOR SALAH, AND THEN LIE DOWN ON YOUR RIGHT SIDE,” (SAHIH AL-BUKHARI 247 AND MUSLIM 2710).



REMEMBERING ALLAH - DHIKR

“WHEN YOU GO TO YOUR BEDS, SAY: ‘ALLAHU AKBAR (I.E. ALLAH IS GREATER)’ FOR 33 TIMES, AND ‘AL HAMDU LI LLAH (I.E. ALL THE PRAISES ARE FOR ALLAH)’ FOR 34 TIMES, AND SUBHAN ALLAH (I.E. GLORIFIED BE ALLAH) FOR 33 TIMES. THIS IS BETTER FOR YOU THAN A SERVANT.” (SAHIH AL-BUKHARI 5843).



DUSITNG THE BED

HADITH NARRATED FROM ABU HURAYRAH, “WHEN ANY OF YOU GO TO BED, HE SHOULD SHAKE OUT HIS BED WITH THE INSIDE OF HIS WAIST SHEET, AND THEN HE SHOULD SAY: ‘BISMILLAH’, FOR HE DOES NOT KNOW WHAT HAS COME ON TO IT AFTER HIM.” (SAHIH AL-BUKHARI 6320)

